

## **From the Student and Family Handbook**

**RECESS:** Children play outside at recess unless it is raining or dangerously cold. Please see that your child is dressed warmly in the winter. Only students who wear boots and snow pants are allowed to play in the snow. However, even on the blacktop, sneakers often get wet. In winter, an extra pair of socks tucked in your child's backpack is often a welcome relief after a cold recess. If your child does not have appropriate clothing for the weather, he/she may be required to remain inside during recess.

Please do not request that your child stay inside due to cold or illness. If your child is too ill to go outside, chances are likely that he/she should not be in school.

Your child's teacher and the Physical Education teacher will review basic use of playground equipment. The basic rules for the playground are respect and cooperation. Contact sports are not permitted.

To protect against cold, heat, sun injury and insect-borne disease the following is recommended:

- In cold weather make sure clothing is dry and layered for warmth.
- When sunny provide sun protective clothing for your child.
- When sunny, apply sun block with UVB and UVA protection of SPF 15 to exposed skin.
- In warm weather, apply insect repellent.

**Please note sunscreen and bug spray need to be applied at home. The staff may not apply them.**